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LADY GAGA BACK WITH HER OLD BOYFRIEND

{page 15}

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See pullout in today's paper

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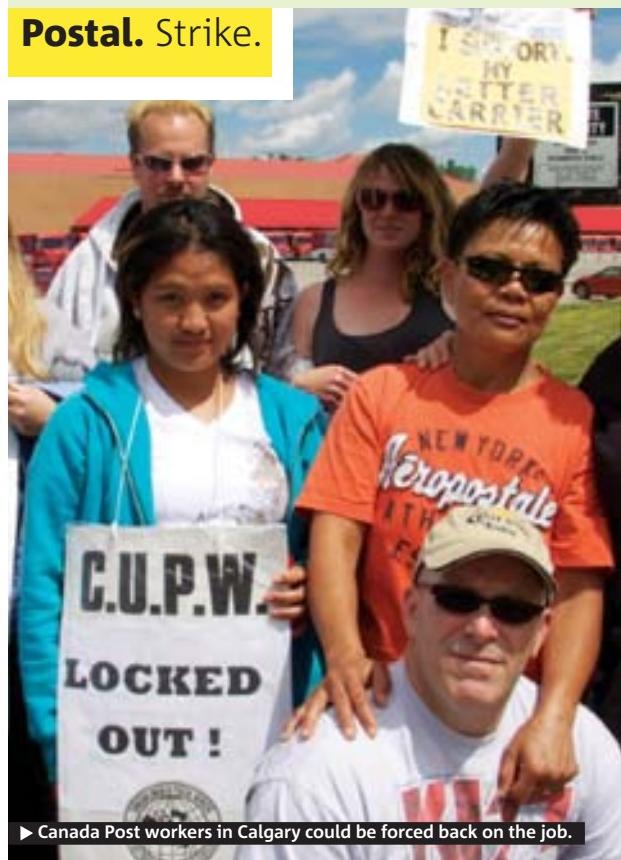
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Tuesday, June 21, 2011
www.metronews.ca



News worth sharing.

Postal. Strike.



► Canada Post workers in Calgary could be forced back on the job.

TODD VAUGHAN/FOR METRO

Back-to-work legislation tabled

Calgary CUPW members weren't pleased to hear about back-to-work legislation proposed by the federal government. See story, page 6.

Wounded troop set to aim high

► Calgary's Mark Fuchko lost his legs below the knee after driving over an explosive device ► Money raised from his Mount Kilimanjaro climb will go toward orthopedic surgery



JEREMY NOLAIS
@METRONEWS.CA

Reaching Africa's highest peak is difficult enough. Doing so without use of your own legs is a challenge few would dare attempt.

But 26-year-old Calgary soldier Mark Fuchko is used to taking adversity head on.

"He's pretty determined, slightly stubborn," chuckled his father, Jack Fuchko. "He's climbed lots of mountains. This is just another one."

Jack's comments refer to years of difficult rehabilitation Mark has been forced to endure after suffering critical injuries on duty in Afghanistan's Kandahar province. He lost both legs in March 2008 but began walking again before the year was out.

Fuchko's focus now is on aiding others in similar situations. He and other participants on the Kilimanjaro climb hope to raise

\$575,000 to purchase a computerized navigation system for the Orthopedic Surgery Centre at Edmonton's Royal Alexandra Hospital.

Fuchko said he initially believed losing his legs was a "death sentence."

"There were some really hard days," he said. "You come from this high level of activity ... and then you are in a wheelchair and just going to the bathroom is a challenge."

Fuchko credits much of his recovery to "overwhelming" support from family and fellow soldiers.

On the climb, he will be joined by three fellow Canadian Forces members. The group plans to set off Aug. 8 and climb six hours a day in order to summit Kilimanjaro five days later.

"It's going to be a challenge, for sure," Fuchko said. "I think I have got the tools and the support network to succeed."



► Mark Fuchko

Long climb ahead

► **Summit.** Climbers cover about 5,802 metres before reaching the summit of Mount Kilimanjaro.

► **Donations.** For more information on the Kilimanjaro climb or to donate, visit kilimanjaro.royalex.org.



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Council mulls suite plebiscite

Looks like secondary suites will take the same road as the fluoride debate.

Rather than moving forward with one of three options for public consultation put forward by administration, Ald. John Mar suggested the city conduct a secondary-suites plebiscite during

the 2013 municipal election.

Aldermen voted 8-5 in favour of asking administration to come back to council in September with a report on the costs and legal implications of conducting a secondary-suite plebiscite.

Ald. Gian-Carlo Carra said that, because mem-

bers of council already have their own opinions on the issue, any form of public consultation would be a waste of time and resources.

"If we do any extensive survey, are any of us really going to change our minds?" he asked his colleagues.

• KATIE TURNER



► Calgary aldermen will have administration look into a possible secondary suite plebiscite..

Gorilla busting moves at zoo

► Ape's water play quickly becoming online sensation ► Quick spins and flashy footwork part of repertoire

 JEREMY NOLAIIS
@METRONEWS.CA

He's a groovy gorilla, an ape that knows how to shake it.

As reported yesterday on metronews.ca/calgary, more than 15,000 people have viewed the dancing antics of Zola, an eight-year-old Western Lowland gorilla at the Calgary Zoo, on YouTube.

When Zola was shipped to Calgary two years ago, senior zookeeper Garth Irvine was told he liked to splash around.

"He's way more talented than I am," Irvine said with a laugh. "But he's got all day to practice."

The zoo has put the spotlight on the gorilla's present plight for May and June. Statistics released in 2008 suggest 100,000 Western Lowland gorillas were alive in the world; however, that number is rapidly declining.

Primate pals

- Zola and three other young gorillas were moved here from the Bronx Zoo two years ago.
- There are eight Western Lowland gorillas living at the Calgary Zoo.

Staff are hopeful Zola's skills will continue to draw attention to threats facing his species.

The video was a big hit online yesterday among Metro readers.

"Cute!" wrote @clvergirl on Twitter.

"I love it! Aww," added Rad Printing on Facebook.

Irvine plans to shoot videos of the other gorillas playing in the weeks ahead — someday he could end up with a whole dancing troupe.

"It's so much fun to watch," he said. "Hopefully it will be as good or even more spectacular."



► Zola may look like a tame ape in this photo, but video evidence of his dance skills suggests otherwise.

Two men charged in 'bizarre' incident

Two men are facing charges after allegedly dropping what witnesses described as homemade "firebombs" from an apartment balcony.

A witness called police just before 9 p.m. Sunday and described two individuals filling bags with

propane, setting them ablaze with a candle and dropping them from a 10th-storey balcony. Duty Insp. Paul Stacey described the alleged activity as "bizarre."

"They could have blown themselves up," he said.

• JEREMY NOLAIIS



► Police surrounded the building late Sunday.

News in brief

Reservoir safe to reopen

The Glenmore Reservoir has been reopened for recreational use as the city's weather begins to stabilize. Over the weekend, the city inspected the reservoir and removed debris and hazards. • METRO

Firefighters to honour volunteer

The Calgary Fire Department is planning to recognize Matthew Robson, who rescued a motorist Sunday after the victim's car went over an embankment. Robson, a volunteer firefighter in Okotoks, will receive a commendation. • METRO



A new report details economic costs of obesity, and how people can fight it.

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On the web at metronews.ca



Paper money will soon be more plastic in your wallet as new bills roll out. Video at metronews.ca

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Noise-gauging gadget hits snag at council

► City may only issue warning tickets to vehicles this summer ► Clinics to be held for those who want to use the technology to test noise levels



KATIE TURNER
@METRONEWS.CA

The city's existing noise bylaw will not be altered until next month, even though the majority of council members backed a new technology to test vehicle noise levels.

Ald. John Mar said the bylaw needs to be amended in order to proceed with using Noise Snare — a technology that pairs

decibel readings with video, and which has been offered at no charge to council.

"We're not trying to come after people with a fine. What we're trying to do is make Calgary a safe and quiet and enjoyable place for all parties," Mar said.

However, Ald. Andre Chabot voted against the amendment, arguing council is being too hasty in changing the bylaw

without the guarantee the technology works.

"For them to make a decision on something they don't have a full understanding of, I think, is immature."

Ald. Gian-Carlo Carra said this is something Calgarians have been asking for and called Chabot's move to postpone the bylaw amendment a "protest vote."

"As far as why he did that and what his actual

Street noise

- The proposed amendment to the noise bylaw would require all vehicles to be below 96 decibels while travelling.
- Emergency vehicles would be exempt from this bylaw.

reasons were for not fast-tracking the test is beyond me."

Slave Lake fire chief thanks supporters

Little more than a month after wildfires gutted Slave Lake, the town's fire chief stopped in Calgary yesterday to thank local firefighters and city council for stepping in to help.

Hundreds of Calgary firefighters — most off-duty at the time — volunteered to help with efforts in the northern Alberta town and shipped out the morning af-



ter fire broke out May 15. Slave Lake Fire Chief Jamie Coutts said he wanted to come by and personally thank dozens of new friends.

"I know how those people in Extreme Makeover: Home Edition feel," he told city council. "You just can't find the words to say enough, to say thank you."

© JEREMY NOLAIS

250

In all, 250 Calgary fire-fighters assisted with recovery efforts in Slave Lake — the largest manpower contribution of any Alberta municipality.

Tap-and-ride transit card needs naming

Calgary Transit is requesting some creative suggestions in naming the upcoming electronic fare-payment card.

Beginning in June 2012, transit will be releasing an electronic card that will allow users to load cash on their cards online rather than digging for change when boarding trains and buses.

Submissions for name suggestions will be accepted from June 20 to midnight on July 3.

The winner of the contest will receive six months of free transit, and all entrants will be entered



into a draw for one of 10 prizes of one free month of transit.

More information on the contest can be found at calgarytransit.com/nameit.

● METRO

charged with possession of a weapon dangerous to public peace.

Evans, along with a man from Burnaby, were both charged after two stabbings took place following last Wednesday's Stanley Cup hockey game.

Six other men may be facing charges for various offences and police have said more arrests will be made as investigators go through the tips they have received from the public.

● METRO

VANCOUVER RIOTS

Calgarian charged in Stanley Cup riot probe

Police have arrested 117 people in relation to the riots that broke out in Vancouver last week, including one Calgary man who has officially been charged.

Joshua Lyle Evans, 27, is reportedly

U of C study examines merits of bodychecking

A new University of Calgary study shows no difference in overall injuries in elite bantam hockey players, whether bodychecking is introduced at the peewee or the bantam level — with one exception.

It found that introducing bodychecking for peewees, when kids are 11 and 12, was associated with a lower risk of serious injuries when they graduated to the bantam level when kids are 13 and 14.

THE CANADIAN PRESS

Inmate who died at Bowden identified

An inmate who died after being found injured in his cell at a central Alberta prison has been identified.

David Tung Louie, who was 38, was found in his cell at Bowden Institution on the weekend, suffering from critical injuries. He was rushed to hospital in Innisfail, where he later died.

Prison spokesperson Rita Wehrle says the institution is under an indefinite lockdown and the prison was stable yesterday. THE CANADIAN PRESS

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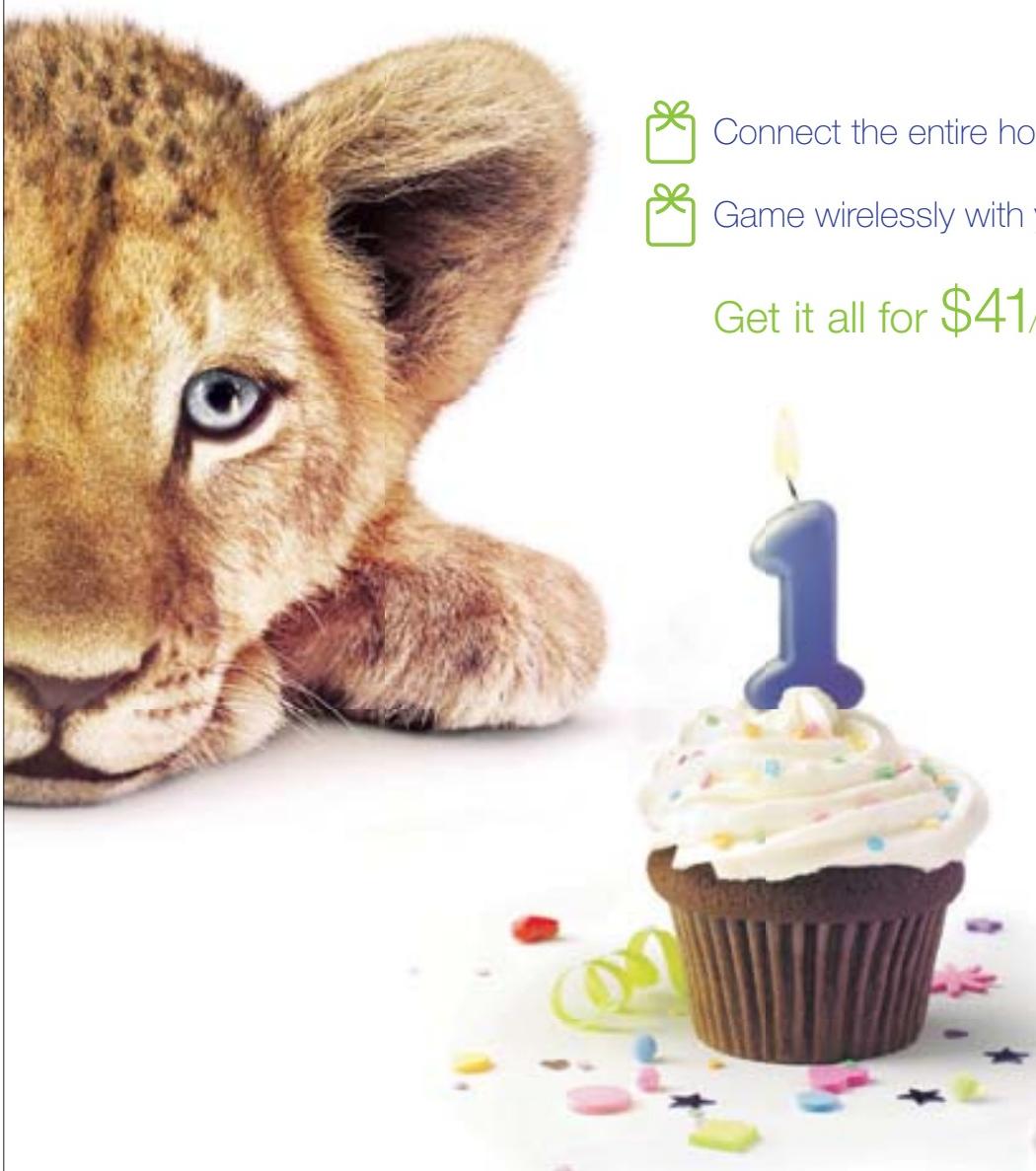


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Tories table bill to end postal dispute

The Conservative government decided to play referee on the dispute between Canada Post and its locked-out workers yesterday, but one side is already crying foul.

The Tories introduced

back-to-work legislation to force the resumption of postal services across the country, but included in the bill are wages that are even less than what Canada Post was offering employees, the Canadian Union of Postal Workers said.

Labour Minister Lisa Raitt said that the wages were reflective of the agreement the federal government has with its own unions.

THE CANADIAN PRESS

Working to better mental health

Mental illness in the workplace is a huge issue hiding in plain sight, a situation made clear in a report released yesterday by the Conference Board of Canada.

The report, Building Mentally Healthy Workplaces, is based on a national survey of more than 1,000 employees — including almost 500 front-line managers, with follow-up

interviews for some. The findings bookend a new initiative by the Mental Health Commission of Canada to establish national standards for psychologically healthy workplaces.

"When it comes to mental health, misinformation, fear and prejudice remain far too prevalent," the Conference Board report says. "It is time for a

change."

The report says that in 2009-10, "78 per cent of short-term disability claims and 67 per cent of long-term disability claims in Canada were related to mental-health issues."

The Conference Board found that 12 per cent of its survey respondents were currently experiencing mental-health issues.

THE CANADIAN PRESS

Western premiers eye Asian and U.S. markets

Most of Canada's western premiers spent the first day of their annual meeting in Yellowknife talking about the importance of Asian and U.S. markets, Northwest Territories Premier Floyd Roland said in a conference call late yesterday.

Roland said the prosperity of Western Canada is dependent on efficient trade with the United States and Asia, including China and India.

Roland said that one in four jobs in Western Canada is directly supported by international exports.

THE CANADIAN PRESS

Girl forced to wear bomb vest: Police

► Pakistani authorities say suicide-bomb vest contained nearly nine kilograms of explosives

Police said yesterday that militants kidnapped a nine-year-old girl on her way to school and forced her to wear a suicide-bomb vest. The girl and police said she managed to escape her captors as they directed her to attack a paramilitary checkpoint in northwest Pakistan.

Sohana Jawed, who is in Grade 3, said she was abducted near her home in the northwestern city of Peshawar on Saturday and taken to Lower Dir district, a four hours' drive away.

Police in Lower Dir presented Jawed at a news conference, where she told her story dressed in her blue and white school uniform. But police in Peshawar said they haven't received a complaint of a missing girl and haven't identified a resident with her name.

Initial police reports of

Rare move

► Militants in Pakistan have often used young boys to carry out attacks, but the use of young girls is rare.

security incidents in Pakistan are sometimes wrong.

Jawed said during the news conference that she was grabbed by two women while on her way to school and forced into a car carrying two men.

Lower Dir police chief Salim Marwat said the suicide vest seemed designed to be detonated remotely.

The kidnappers brought the girl to a checkpoint run by the paramilitary Frontier Corps located about 10 kilometres outside Timergarah, he said. When they got out of the car, she sprinted toward the para-



► Sohana Jawed, a nine-year-old Pakistani girl, sits during a news conference in Lower Dir in Timergarah, Pakistan, yesterday.

military soldiers to show them what she was wearing, he said.

By the time the paramilitary soldiers realized what was happening, the

kidnappers had escaped, said Marwat. Police have launched a search operation to find them, he said.

It's unclear why the kidnappers didn't detonate

the suicide bomb after Jawed ran away.

Marwat suggested they may have simply panicked and fled.

THE ASSOCIATED PRESS

44 die in plane crash: Officials

A passenger jet crashed in heavy fog and burst into flames late yesterday on a highway in northwestern Russia, just short of a runway whose high-intensity lights had failed, killing 44 people, officials said. Eight people survived the crash.

The Tu-134 plane, belonging to the RusAir airline, was en route from Moscow to the city of Petrozavodsk, an Emergencies Ministry spokeswoman, Oksana Semyonova, told The Associated Press.

Eight survivors, including a 10-year-old boy and a female flight attendant, were hospitalized in critical condition in Petrozavodsk.

THE ASSOCIATED PRESS

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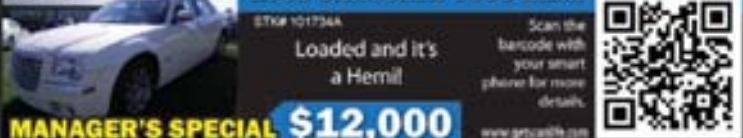
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08

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TUESDAY, JUNE 21, 2011

Communities under water

- Saskatchewan floods force hundreds to evacuate
- Precautionary boil-water advisory in city of Weyburn

Communities across soggy southeastern Saskatchewan are dealing with displaced residents, sewage-flooded basements and suspect drinking water — the unwanted byproducts of days of rain that has overwhelmed rivers and swollen reservoirs.

The Saskatchewan Watershed Authority yesterday predicted that levels would rise another half-metre in the partially flooded communities of Estevan and Roche Perce after more water was released from dams on the Souris River.

Some residents have said they don't understand why floodgates on the dams are being opened when com-

Wall tours area

- Saskatchewan Premier Brad Wall delayed his trip to a western premiers conference so he could tour the affected area yesterday.
- He was planning to discuss federal flood compensation at the premiers' meeting in Yellowknife.

munities downstream are already under water. But authority spokesman Dale Hjertaas said the reservoirs simply can't hold back the huge amount of water.

"The bottom line is ... an awful lot of rain fell and an awful lot of water is com-

ing, and the capacity of the reservoir to hold it back is limited," said Hjertaas. "Most of it needs to be passed on through at this point."

The areas affected were along the Souris, about an hour and a half southeast of Regina.

Environment Canada said that as of yesterday morning Estevan had had 287 millimetres of rain since May 1, making this the wettest May-June period since records began in 1945. The agency said 112 millimetres of rain had fallen in Weyburn since Friday and more rain was expected yesterday.

THE CANADIAN PRESS

Piggy Boat Ride



► Villagers use a wooden boat to transfer their pigs from a flooded hogpen in Lanxi city in east China's Zhejiang province yesterday.

THE ASSOCIATED PRESS

Crucial period for east China floods

A river passing through the Chinese city of Lanxi has risen sharply due to heavy rains. More than 70 kilometres of dikes are in danger of overflowing in Zhejiang, where floods have caused \$1.2 billion US in losses, authorities said.

Pink tank symbol of liberation

A pink tank has temporarily returned to the heart of

Prague, Czech Republic, to mark the 20th anniversary of the Soviet troops' withdrawal.

Tank No. 23 was originally put on display in a Prague square in 1945 to commemorate the

liberation of Czechoslovakia by the Red Army after the Second World War occupation by Nazi troops.

Tank No. 23 was originally put on display in a Prague square in 1945 to commemorate the

THE ASSOCIATED PRESS

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► New rules mean anything goes when choosing web suffix ► Instead of .com, how about .harry or .sally?

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METRO WORLD NEWS

So long, dot-com; hello, dot-whatever: The world of website names is about to undergo a revolution, with anyone allowed to choose whatever suffix they want for their website, including ideograms and Arabic characters.

At the moment, a web address can end with one of only 22 suffixes: .com, .org and .net, for example. But in the near future, websites could end with tailored suffixes such as .kids, .shop or .ca for Calgary.

The body in charge of deciding the rules for website names, ICANN (International

You name it

- The expected price of a customized suffix is \$185,000, but technology writer Robin Wauters says it could cost twice that to effectively operate and maintain a custom gTLD.
- Applications are open from Jan 12. to April 12, 2012.

al Corporation for Assigned Names and Numbers), said yesterday it will open up the market of address endings, also known as gTLDs, generic top level domains.

The Internet community, governments and companies have been pressing

for this for years. But with a customized domain expected to cost about \$185,000, only big organizations are expected to apply for now.

Technology writer Robin Wauters, of TechCrunch.com, said the decision could have "the most repercussions ever taken by ICANN since the introduction of .com."

But while the move may offer good branding opportunities for companies, organizations and cities, he warned that the new domain name extensions could end up causing confusion. And there is no way to predict if the advantages of owning a "brand domain" will justify the high cost.

Google to digitize tomes

A treatise on a stuffed hippopotamus, an 18th-century English primer for Danish sailors and a description of the first engine-driven submarine are among 250,000 books to be made available online in a deal between Google and the British Library.

The arrangement will let Internet users read, download and copy thousands of texts published between 1700 and 1870. Among the books is Georges Louis Leclerc's Natural History of the Hippopotamus, or River Horse — which includes a description of a stuffed animal owned by the Prince of Orange.

The library's goal is to make the bulk of its 14 million books and 1 million periodicals available in digital form by 2020.

THE ASSOCIATED PRESS



► Canada's new polymer banknotes in \$50 and \$100 denominations are unveiled yesterday at the Bank of Canada in Ottawa.

SEAN KILPATRICK/THE CANADIAN PRESS

Coming in on a high note

Canada is switching to polymer banknotes to replace paper-cotton bills, which wear and tear more easily. The first bills to go plastic will be the \$50 and \$100 notes. Polymer banknotes are more durable and harder to fake than paper money.

Market moment

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| Unit 101, 4908 17 Ave SE | 8 - 4105 4th St NW |
| Unit 5, 12 Castleridge Dr NE | 628 B 17 Ave SW |
| Unit 307, 3200 Glenmore Tr SE | 1412 9 Ave SE |
| Unit 101, 2640 52nd St NE | 4649 Macleod Tr SW |
| Unit 210, 9737 Macleod Tr SW | Unit 808, 19th St SE |
| Unit 104A, 3716 - 61 Ave SE | 312 Centre St SE |



Women of Walmart blocked

- Justices agree lawsuit could not proceed as class action in current form
- Lawyers for plaintiffs say they're considering filing thousands of claims

The U.S. Supreme Court yesterday blocked a massive sex discrimination lawsuit against Walmart on behalf of female employees in a decision that makes it harder to mount large-scale bias claims against the biggest U.S. companies.

The ruling reverses a decision by the 9th U.S. Circuit Court of Appeals in San Francisco. By a 5-4 vote along ideological lines, the

court said there were too many women in too many jobs at Walmart to wrap into one lawsuit.

The lawsuit could have involved up to 1.6 million women, with Walmart facing potentially billions of dollars in damages.

Now, the handful of women who brought the case may pursue their claims on their own, with much less money at stake

and less pressure on Walmart to settle.

One of the women involved in the suit, Christine Kwapnoski, said she was disappointed in the ruling, but vowed to push ahead with her claims.

"All I have to say is when I go back to work tomorrow, I'm going to let them know we are still fighting," said Kwapnoski.

The lawsuit said that

women are grossly underrepresented among managers, holding just 14 per cent of store manager positions compared with more than 80 per cent of lower-ranking supervisory jobs that are paid by the hour. Walmart responded that women in its retail stores made up two-thirds of all employees and two-thirds of all managers in 2001.

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HEAT CAN PLAY HAVOC WITH STYLE

SHE SAYS ...

JESSICA NAPIER
METRO



There is nothing as short and sweet as a Canadian summer. For three, maybe four, months of the year we come out of hibernation, blissfully shedding our layers of fur, fleece and goose down and remember what it's like to feel the warmth of real sunlight against our skin. However, while it's nearly impossible to dress to impress in minus-30 temperatures, looking good in the sweltering heat can be just as difficult.

As the humidex increases, the combination of greasy sunscreen and perspiration causes my carefully applied makeup to melt off my face by midday. While strolling through the city, the soles of my sandal-clad feet become caked in layers of dirt and grime. My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself.

"My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself."

The worst part about summer style is just how minimal it is. In the depths of winter, it's easy to forget what your body actually looks like under all of those protective layers. With the start of each summer season I experience an intense wave of panic at the thought of short shorts. Oh crap, am I ready to expose myself to the judging eyes of my fellow commuters? Why didn't I give up those late-night pizza parties?

Now it's too late. June is here and the pool party invites are flooding in.

Of course, there are some people who are more than happy to live in their

swimwear during the summer months — regardless of whether or not the venue necessitates waterproof apparel. For certain misguided individuals a bikini top becomes a perfectly acceptable substitute for a bra, or even a shirt.

Exhibitionists aside, most of us — no matter what size, sex or age — really hate putting on a bathing suit.

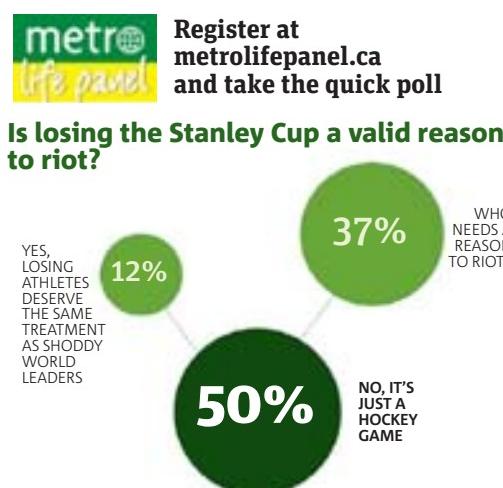
Somehow, I always manage to convince myself that I will feel much better about being nearly nude when poolside if I just buy myself a new bather. However, about 10 minutes into the experience I inevitably remember that stripping down in a badly lit fitting room to try on a two-piece is a horribly mortifying way to spend an afternoon. If you absolutely must go bathing-suit shopping this season, I recommend doing it online or immediately following a bout of stomach flu.

But I'll quit my whining now. Because even though ill-fitting swimsuits, frizzy hair and sweaty skin have me feeling like a hot mess this summer, I know it will be over far too soon.

Read more of Jessica Napier's columns at metronews.ca/shesays



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Local tweets



- @so1ovei: Ended up going for a walk anyway — It smells like an ocean outside, so awesome! #yycc
- @Saj7399: No amount of psychotic hand swatting will keep these mutant mosquitoes away #yycc
- @EricCanete: There will come a time when all airports will believe in free public WiFi & the world will be a better place. Thank you YYC.
- @PlentyofSyph: The best place to meet hot singles with syphilis is <http://www.plentyofsypth.ca>

Cartoon by Michael de Adder

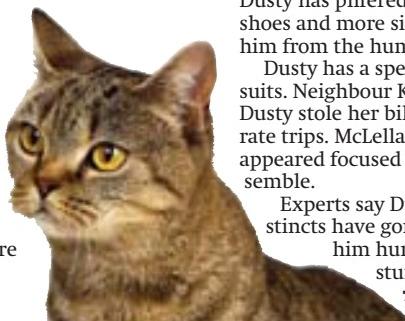


WEIRD NEWS

Hot on the trail of a felonious feline

A prolific cat burglar has stolen hundreds of precious possessions from homes near San Francisco.

But police are staying off the case — the



burglar really is a cat.

Dusty, a five-year-old feline from San Mateo, Calif., has taken hundreds of items during his nearly nightly heists. Owner Jean Chu told the San Francisco Chronicle that Dusty has pilfered gloves, towels, shoes and more since she adopted him from the humane society.

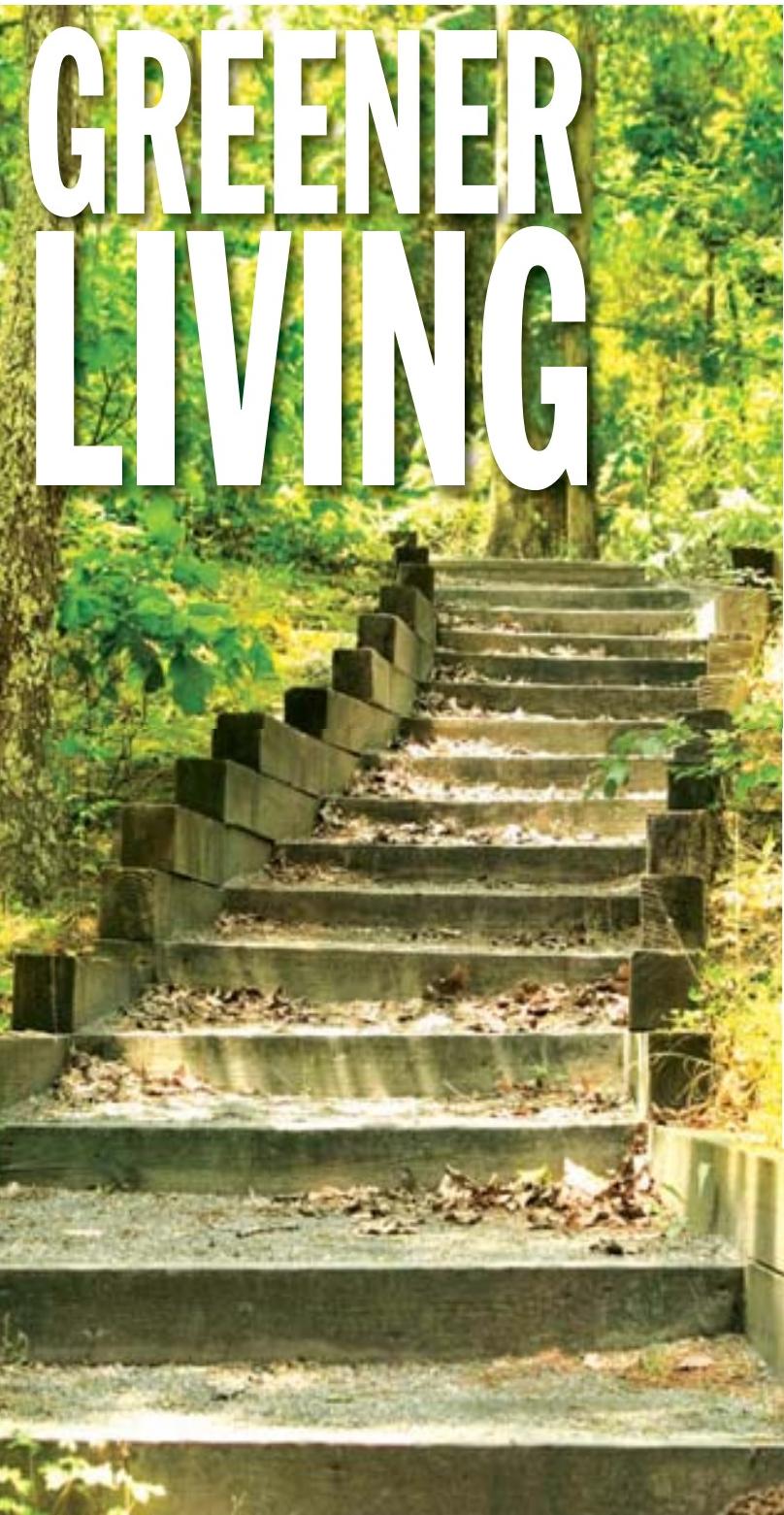
Dusty has a special love for swimsuits. Neighbour Kelly McLellan says Dusty stole her bikini — on two separate trips. McLellan said the cat appeared focused on keeping the ensemble.

Experts say Dusty's predatory instincts have gone astray, leaving him hunting for people's stuff.

THE ASSOCIATED PRESS

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GREENER LIVING



JUPITERIMAGES.COMSTOCK/THINKSTOCK

ZEROING IN ON ZERO WASTE

Did you know that when you look at North America from space, the highest point of land on the eastern seaboard is a landfill site? Now more than ever, we need to reduce, reuse and recycle.

What do you put in your garbage? Some people throw out old clothes when they can be recycled or even torn up and used as rags. A lot of food and beverage containers end up in the garbage when all you have to do is clean them out and put them into the blue box. And, of course, paper documents belong in the recycling bin too. Then there's packaging — Canadians throw away about half a kilogram of packaging each and every day, says Gill Deacon, author of *Green for Life* and more recently *There's Lead in Your Lipstick* (both Penguin Books).

Deacon and other waste experts point to the zero waste philosophy as a way to live your life — and make positive environmental changes.

"Zero waste is a philosophy and a goal to work towards," says Craig Bartlett, Manager, Waste Operations for the Region of Durham in Ontario. "Because everyone would like to see the end of garbage as we know it."

The zero waste philosophy encourages the redesign of products and resources so that all products can re-used in some way — and the amount of garbage sent to landfill minimized. It also puts the onus on everyone to reduce the amount of waste they generate.

At the same time, Jed Goldberg, president, Earth Day Canada, says it's important to remember that waste is not just something you throw into the blue box or garbage. "It's actually a measure of inefficiency. Waste is anything that's used that doesn't need to be used. It could be fuel in your car."

What we really have to do, he says, is change our attitudes about waste and even its description. "It's not garbage, it's not recycling; it's using resources that don't need to be used."

FEATURED INSIDE:

- A NEW WAY TO DO BUSINESS
- TIPS TO REDUCE YOUR WASTE
- WASTE REDUCTION QUIZ

Metro has partnered with Dasani to teach Canadians about Choices. Little things like choosing the bike over the car for a trip to the ice cream parlour or replacing your lightbulbs. One of the choices we made right here is printing this feature on 100% recycled paper. We can all do it. Look inside to learn more or visit metronews.ca/greenerliving.



THE BIG PICTURE



ABLESTOCK.COM/THINKSTOCK
cycle. What that means is producers are increasingly looking at ways to incorporate environmental considerations in the design of their products.

ENVIRONMENTAL SEATING PLAN

Green Chair Events, Vancouver, is sitting pretty. The company plans and creates affordable and sustainable events, and it was recently recognized by Earth Day Canada with a 2011 Hometown Heroes Small Business award.

"We are the missing link in reducing waste between governments and organizers at events who put on things," explains company spokesperson Liliana Segal. "Our goal is to make sure all garbage and waste goes to the right place and gets reduced, reused and recycled."

To reduce waste in the workplace, Green Chair Events suggests that businesses re-negotiate flat rate garbage disposal fees so that billing is done by the amount of garbage generated.

STUDENTS GET TOP MARKS IN RECYCLING EFFORTS

Last fall students from 70 schools in six provinces participated in the Recycle My Cell Challenge and collected almost 4,000 wireless devices as well as close to 200 kilograms of batteries and other wireless accessories. Way to go!

A SHIFT IN THINKING HAS MADE WASTE REDUCTION A NEW WAY TO DO BUSINESS

"Zero waste has positioned people to think of recycling as a business opportunity," says Rob Cook, Chief Executive Officer, at the Ontario Waste Management Association, a non-profit organization that represents private-sector service providers.

"Over the last 10 to 15 years, we've recognized that landfill may not be the best way to deal with all materials," he says. "And people now look on at resource recovery as economically beneficial."

In the past, products were cradle-to-grave — you bought a product, used it and it ended up in the garbage.

"Now when we talk about packaging and other materials, a good cradle-to-cradle lifespan is the goal," says Bartlett — and that means the product isn't thrown out but recycled in some way into something else.

Items once thought as garbage are now used in other ways. For example, there's little scrap metal that ends up in landfill because metal is so valuable. There are technologies that can turn plastic water bottles into high value fabric or into biofuels. There are also programs to recycle toilets and sinks, and possibly shingles.

Landfill is always the last option after reduce, reuse, recycle.

WHAT IS EXTENDED PRODUCER RESPONSIBILITY?

Environment Canada explains that as a policy approach, it's when a producer's responsibility for a product is extended to the post-consumer stage of the product's life

THINGS GO BETTER WITH – PLANTS!

Thirsty for something good? Coca-Cola Canada is now using plant-based materials in its new Dasani water bottle.

The company created its innovative PlantBottle™ packaging through a process that turns sugarcane into a key component of PET plastic. And, it is entirely recyclable in existing systems.

The Dasani PlantBottle is made from up to 30 per cent plant-based materials. The Company's long-term goal is to reach a 100 per cent plant-based package for all of its products.

"It's our goal to make traditional plastic bottles a thing of the past and ensure that every beverage we produce is available in 100 per cent plant-based, fully recyclable packaging," says Scott Vitters, general manager, PlantBottle Packaging Platform, The Coca-Cola Company.

The PlantBottle also helps the company reduce its carbon footprint, says Vitters. Traditional PET bottles are made from petroleum and other nonrenewable fossil fuels. But incorporating a blend of petroleum-based materials with up to 30 per cent plant-based materials means Dasani packaging reduces potential intrinsic carbon dioxide emissions when compared with PET plastic bottles.



SUGARCANE ETHANOL FROM BRAZIL

Coca-Cola Canada uses sugarcane ethanol feedstocks in Brazil for its PlantBottle packaging. The sugarcane is considered an advanced renewable fuel by the Environmental Protection Agency and is the only first generation biofuel widely recognized around the world for its unique environmental and social performance.

Designed to Make a Difference™

1 unique redesigned plastic bottle

2 up to 30% made from plants

REDUCE YOUR WASTE: IT'S EASIER THAN YOU THINK



MICHALAK STRESSES THAT ONE PERSON CAN DO A LOT TO ENCOUR- AGE CHANGE AND MAKE A DIFFERENCE

Five years ago, Rene Michalak, co-ordinator of Rethink Red Deer, a local citizen action group, started Garbage Free February as a personal challenge. The goal was to make choices that would not produce garbage and contribute to landfill, and he blogged about his experience online. Several friends took the challenge with him the next year. In year three, a dozen or so people, as well as a few businesses, took part. "Now I can't keep track anymore," says

Michalak, who is also Network Manager for the Alberta Environmental Network in Red Deer, Alta. Garbage-Free February has become a community success story, and this year it may partner with the Recycling Council of Alberta.

Michalak stresses that one person can do a lot to encourage change and make a difference. Of course, one way to do that is to start thinking about what you throw out — can you divert it in some way?

Here is a checklist of other ways to reduce waste.

- Purchase recyclable and reusable goods only.
- When you see over-packaged items in retail stores, complain. That's what Jed Goldberg of Earth Day Canada did when he saw a plastic-wrapped coconut — and the store stopped doing it.
- Don't buy over packaged products — or leave the extra packaging with the retailer.
- When there's an option, always choose the product with less packaging (for example, a roll of stamps, not the large, flat package).
- Buy in bulk.
- Buy second-hand. Check websites such as Craigslist and Kijiji, and stores such as Value Village.
- Think about all the products you buy — how they are made and how you will dispose of them.
- Bring your own carry bags when you are shopping.
- Be a good role model — always practice and share positive environmental habits.
- Use re-useable coffee mugs — bring them to your favourite coffee store and the office. Avoid Styrofoam completely.
- Compost organic waste. Use the municipal green bin program if available or compost in your yard.

3 still 100% recyclable



PlantBottle® packaging is made in part from renewable materials sourced from sugarcane production to bring you the pure, crisp taste of DASANI in a bottle designed with the planet in mind. Now available nationwide.

For more information visit livepositively.ca/plantbottle



THE GREAT CANADIAN WASTE REDUCTION QUIZ

TEST YOUR KNOWLEDGE ABOUT WASTE REDUCTION WITH THIS FUN QUIZ!

1. In the grocery store

- a) You always buy bags
- b) You purchase bags but use them again to pick up after your dog or for other things
- c) You bring your own carry bags – and shop at bulk stores

2. You drink your coffee out of a

- a) paper cup from the local coffee shop
- b) travel mug
- c) styrofoam cup

3. When the batteries in your flashlight die, you

- a) put them back into the recharger
- b) throw them into the garbage
- c) set them aside for the next trip to the depot

4. When shopping for fruit and vegetables, you buy them

- a) by weight
- b) packaged
- c) always canned or frozen

5. How do you get to work?

- a) Car, rain or shine
- b) Bike or public transportation
- c) Ride with a colleague and split the cost of gas

6. On a hot day, you walk by an air conditioned retail store with its doors wide open. You

- a) Go in and cool down.
- b) Walk on by — what a waste!
- c) Go in and speak to the manager about the wasted energy

7. After you mow the lawn, grass clippings are

- a) Bagged and left at the curb
- b) Raked up and put into the composter
- c) Left on the lawn

8. After a big family dinner, you

- a) Scrape everyone's plate into the green bin
- b) Scrape everyone's plate into the garbage
- c) Save the bones for the neighbour's dog, send leftovers home with some of your guests and scrap the rest into the garbage

To see how you measure up, add up your score.

1. a - 1, b - 2, c - 3 2. a - 2, b - 3, c - 1 3. a - 3, b - 1, c - 2 4. a - 3, b - 1, c - 2
5. a - 1, b - 3, c - 2 6. a - 1, b - 2, c - 3 7. a - 1, b - 2, c - 3 8. a - 3, b - 1, c - 2

RESULTS

YOUR WASTE REDUCTION PERSONALITY

UNDER 10 POINTS:

Shame on you. It's time to join the war on waste... and it's really not difficult to make a difference. Reduce, reuse and recycle.

OVER 10 POINTS:

You're on the right track but could be more pro-active in helping to make the world a better place – by creating less waste and protecting natural resources.

OVER 20 POINTS:

You are an Eco Warrior leading yourself and your family and friends, no doubt, in the war on waste! Pat yourself on the back — and keep doing what you're doing!



Scan this code or visit
metronews.ca/greenliving

TRIM YOUR WASTE

Rethinking your relationship with waste is one of the most powerful ways you can help stop climate change. Canadians produced an average of 837 kilograms of non-hazardous solid waste in 2006, all of which goes straight into a landfill. Landfills produce about one quarter of Canada's methane emissions — and methane is a greenhouse gas more powerful than carbon dioxide.

Here's what you can do:

REDUCE FOOD WASTE

Throwing away food is a waste of money, time and energy. Learn how to keep your fruits and veggies fresh and edible for as long as possible

RECYCLE

Making sure to take our paper, plastic, and bottles and cans to the blue box recycling bins makes a huge difference on how much waste ends up in landfills. Unsure of what can be recycled? Read about the recycling resources in your city for more info.

COMPOST

Your garbage is about 40 per cent organic waste — composting can help divert that matter from producing dangerous greenhouse gases. You don't need a yard to compost — learn how to turn your kitchen "waste" into black gold!

BE A SMART CONSUMER

Companies still produce goods that have a limited lifespan so that the consumer cycle can continue. By choosing not to buy products that are over-packaged or "disposable," you are encouraging producers to be more responsible.

— David Suzuki Foundation,
www.davidsuzuki.org

The small choices we make every day can make a big difference. Like choosing to print this feature on 100% recycled paper. Or by choosing the Dasani PlantBottle, made from up to 30% plants and still 100% recyclable. Because 30% less is 30% more for the environment.





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2 scene

Scene in brief



Rapper 50 Cent's newest work of fiction will have an anti-bullying message.

The Penguin Young Reader Group has signed up 50 Cent's novel *Playground*. The publisher announced Monday that the book is a semi-autobiographical young adult novel about bullying that will come out in January 2012. The 34-year-old rapper, whose real name is Curtis Jackson, has acknowledged a violent childhood and dealing drugs at an early age.

He's also released a memoir, *Pieces to Weight*, and a self-help guide co-authored by Robert Greene called *The 50th Law*.

THE ASSOCIATED PRESS



Self-published thriller writer John Locke sells 1 million e-books on Kindle

► The launch of the cryptic website Pottermore.com has sent J.K. Rowling fans into a frenzy
 ► So what exactly does the Harry Potter author have up her sleeves? ► We don't know (even Daniel Radcliffe has no clue) but we sure had fun taking a guess



New Line of Fragrances

How likely it is to happen: 1/5
 There is already a Harry Potter perfume out there but it surely does not hurt to smell like the many other characters in that magical universe. Professor Umbridge does seem awfully nice-smelling on screen, no?

A musical? A TV series?

How likely it is to happen: 2/5
 It's a natural progression for books these days. If a film is done, let's head to Broadway! Or sell the rights to broadcasting companies and have their studios produce a full season of TV episodes. It's an old-trick but it certainly keeps the fans happy and the profits-margin sky high.



A Smartphone?

How likely it is to happen: 4/5
 The online community is buzzing with excitement that a new Potter-product could be released next — and this time, a Smartphone. We love phones and the smarter the phones are, the happier we will be. However, unless this Potter Smartphone acts like the Elder Wand and we are able to cast actual spells with it, we are not too excited about it. (But if the screen lights up when we say "Lumos," we may just reconsider making a purchase.)



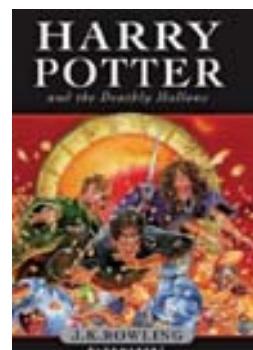
GETTY IMAGES



This owl and the one you see at the bottom left greet you at the Pottermore page.

An Entirely New Book?

How likely it is to happen: 3/5
 Rowling did say (many, many times) that there would not be a sequel to the Harry Potter series. However, she did not say that spin-offs and prequels and crossover novels are out of the question.



Harry Potter and the 8th Book

How likely it is to happen: 0/5

It is more possible that an owl will deliver your acceptance letter to Hogwarts tomorrow than hearing Rowling announcing an eighth book in the series. She is very particular about numbers and magic, and given how seven horcruxes come together in seven books so beautifully, it is very unlikely that Rowling will destroy her own masterpiece by adding an eighth book.

Harry's story ended on a perfect note, and unless Rowling has an even more perfect way to extend the story, we are betting that *The Deathly Hallows* is the last book. Yes, we are sad too but we have to move on, and the final film is waiting for us next month.

At least that is definitely going to happen.

POTTERMORE?

NICHOLAS LIM
SCENE@METRONEWS.CA

J.K. Rowling has launched a new website, Pottermore.com, but sadly and mysteriously, it holds little more than a pair of

tree-perched owls and an enticing Coming Soon banner.

Clicking on the owls will bring you to a YouTube page that shows a timer, counting down to the day of an announcement, which is slated to happen June 23 at 12 p.m. British

Summer Time.

No one in the world (well, except Rowling and her little team of cloak-wearing colleagues) knows what is hitting the Muggle world.

We can only speculate — and speculate we will!

Wake-up call for Amy Winehouse

► Singer barely makes through first concert of her comeback tour ► Paid a visit to rehab in the U.K. recently ► Doctors now 'coming down hard on her'

Amy Winehouse's planned comeback tour ended abruptly on the first night after the troubled singer slouched through a Belgrade concert, dropping her microphone at times and letting a backup singer finish songs for her, according to the BBC.

The next two stops on the tour, in Istanbul and Athens, have been scrapped because "she cannot perform to the best of her ability" and

feels "this is the right thing to do," her rep says.

Doctors back in the U.K., where Winehouse recently paid a quick visit to rehab, are warning the singer that she has to finally clean up her act.

"It's the last chance saloon for Amy," a source says, according to People. "Doctors have come down hard on her because of the severity of her situation. It's a harsh reality, but she had to hear it." ■ METRO



► Winehouse has cancelled the next two stops on her tour.



► Lady Gaga

Lady Gaga and her man are 'totally back together'

Just a month after announcing they'd broken up, Lady Gaga is reportedly back with on-again, off-again boyfriend Luc Carl, according to Us Weekly.

"They had a little fight.

I think the breakup lasted a week or two," a source says.

"They are totally back together now."

Gaga herself admits she may have stretched the

truth in announcing her relationship's demise.

"I sometimes skirt questions about it — and maybe not honestly," she tells the magazine.

■ METRO

Celebrity tweets

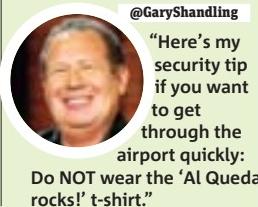


"Every time i fall in love with a character on Game of Thrones, they die!"
—@EvaLongoria

"Total bs article, i am not involved in dark tower at all. this is what 'journalism' has become, a game of pretend"



"After a cocktail of prescribed drugz I think I'm able to fist pump my way through tonight..."
—@katyperry



"Here's my security tip if you want to get through the airport quickly: Do NOT wear the 'Al Queda rocks!' t-shirt."
—@GaryShandling

Cheryl says she's just fine

ALL PHOTOS GETTY IMAGES



► Cheryl Cole

Cheryl Cole insists that she's doing fine after being dropped from the U.S. edition of X Factor and she doesn't want people feeling sorry for her, according to the Mirror.

"I'm under no pressure and I actually feel the happiest I've felt in a long, long time," Cole says, according to the newspaper.

"I've got a big place, I have enough money — and if I never get photographed again, I don't care."

Cole, who has had to deal with both losing her job and dissolution of her marriage to soccer star

Ashley Cole this year, is looking forward to taking a vacation, something she claims she's never done before. ■ METRO

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3

life



Carb intake

Besides reducing your carb intake, another way to reduce visceral belly fat is to exercise. Researchers at Duke University Medical Center say the more exercise you do, the better. To prevent visceral fat from accumulating, walk briskly for 30 minutes six times a week (or equivalent).

To reverse visceral fat that's already there, boost the intensity or duration.

CELIA MILNE

Cutting the belly fat

► New research shows the science behind why carbs can cause belly fat ► Researchers say that findings are important because abdominal fat is known to increase diabetes and strokes



**CElia
MILNE**
LIFE@METRONEWS.CA

How do you get rid of that deep belly fat? Reduce carbs such as white rice, white bread and potatoes.

Visceral fat isn't what we think of as blubber. It's a very tenacious fat that lurks deep within our bodies, surrounding our vital organs, and it's really tough to get rid of. Too much visceral fat is known to increase your risk of developing type 2 diabetes, stroke and coronary artery disease. Even skinny people sometimes have excess visceral fat.

Researchers in the nutrition department of the University of Alabama did an experiment in which they put 69 healthy overweight men and women on one of two diets for 16 weeks.

People received either a reduced carb diet (43 per cent carbs, 18 per cent protein, 39 per cent fat) or a standard diet (55 per cent carbs, 18 per cent protein,

and 27 per cent fat).

After eight weeks, the lower carb diet reduced insulin production in the body, thus resulting in loss of visceral fat. This occurred even though calorie intake was set for weight maintenance.

"This research is newsworthy because abdominal fat is known to increase risk of developing diseases such as type 2 diabetes, stroke, and coronary artery disease," says Barbara Gower, a professor in the department of nutrition sciences at University of Alabama. Decreasing carbs is a good way to reduce your risk of developing these chronic diseases without taking medication, she adds.

For the second eight weeks of the study, calorie intake was set for both groups to lose weight.

The lower carb group lost more total body fat than the standard diet group.

The study was presented recently to the Endocrine Society in Boston.



► No carbs? No kidding.

ISTOCK PHOTOS

"I have lost half of me," he says.

"This morning, I weigh 169."

As Fisher recalls his journey into and away from obesity, it quickly becomes clear overeating is not a simple issue.

"What I found was I was using food to change the quality of my life," he recalls.

"It was my drug of choice. I never even recognized, really, what I was doing. Everyone told me it was a matter of willpower — and it had nothing to do with willpower."

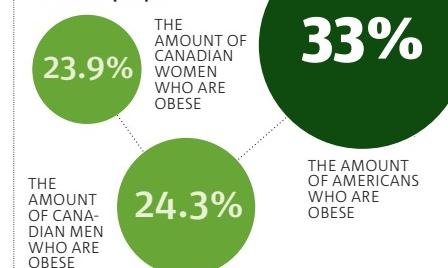
It's not just a matter of stopping, then.

No amount of scary predictions from doctors, friends or family made any difference at all to Fisher.

"If knowing the risks

Statistics

Looking at the percentages of obese people.



"And it's not just the food that is unmanageable. Everything is unmanageable. You say 'I'm not quite sure what will work,' but the first thing to do is admit there's a problem going on, and that extra piece of chocolate layer cake is not going to make it all better."

Many overweight people find themselves constantly judged by others. Fisher counters it is vitally important to remove judgment from the equation.

"Overeating is a disease. It doesn't make you a good person or a bad person. I don't say I was good with my food today. I simply say that I didn't eat compulsively today."

For more info on Overeaters Anonymous, check out oa.org.

got somebody to stop doing something, there would be no need for any of the programs to tell people to stop smoking, for example. I smoked 60 to 65 cigarettes a day. I haven't had a cigarette in 22 years."

So how does anyone ever break this vicious, potentially lethal cycle?

"The first thing you have to do is admit that whatever it is you're doing isn't working," Fisher says.



Food allergies affect about 1 in 13 U.S. kids; almost 40 per cent have bad reactions

Analysis

BODY FOCUS: PIPPA'S TONED BUM



MARK ANTHONY
PILATES EXPERT

Sure, Kate looked great, but it's Pippa's toned derrière we'd love to flaunt on the beach this summer. We asked Pilates expert Mark Anthony how.

Start with: Pre exhaust movements to fire up weak butt muscles

Standing leg lifts: from a standing position keep the right side leg slightly bent with the left leg straight and slightly off the floor. Raise this leg high enough so that you feel contraction in your hip and glute. Pause briefly at the top and return to the start position. Once you have done 15 reps, pause, and with the same leg turn the foot slightly outwards and swing the leg behind you again high enough so that you feel a contraction in your glute. Perform this 15 times and then repeat the exercise with the other leg.

Go into: Wide stance squats and lunges

Squats tone, perk and lift the bum as they trigger the glutes, inner, front and back of the thigh.

Take a wide stance, with your toes turned out to 10 o'clock and 11 o'clock and tilt your pelvis backwards and drop down so that your legs are parallel to the floor and so that your back is straight. Immediately push up to the

start position. Do two lots of 15 repetitions each.

Lunges are fundamental for developing strong glutes and lifting the bum. From a standing position step forward into a lunge so that your rear knee is nearly touching the floor. Keep your abs in tight and back up straight. Move back to the start position and alternate the leg. Do two lots of 15 reps.

Make sure you rest in between sessions, as your muscle fibres need to heal and recuperate before they can get stronger.

Eat: the right fuels

You must feed your body right if you want your body to respond to the workout. Think of it as putting fuel in a Ferrari. Drink two litres of water a day and eat small regular meals, three main meals and two snacks.

Eliminate salt, sugar, fat (saturated fats, processed foods, high fat creams), alcohol and simple carbohydrates such as white rice, white pasta and white bread. Load up on complex carbs such as brown rice and pasta.

Start the day right with a breakfast of two poached eggs or rye bread with baked beans.

Peel off: the orange peel

Cellulite is the build up of fat deposits under the skin. Pick exercises that burn body fat fast such as weight training. Cellulite busting foods include barley, broccoli, spinach and spirulina.



► Pippa Middleton

Health trend

Mushy meals

Liquidized meals: that's a slightly more mature way of saying baby food or "goo." But that's apparently how Lady Gaga and Jennifer Aniston beat hunger pangs. In the UK, this latest diet trend has seen wet baby food sales increase by 20 per cent as it is claimed that making purée out of your meals and eating baby-sized portions helps digestion and reduces overall intake.



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SHE NEEDS HER OWN FRIENDS

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

My girlfriend and I have been dating for over a year now, and generally things are great, but I'm noticing she doesn't hang out with her friends anymore. How can I show her having her own friends is healthy and get her out of my hair?

Strangled.

Claire: Dear BF/BFF,

You're not alone. Your girlfriend sounds like the type that likes to cocoon in bliss with you and forget about the rest of the world. This behaviour has obviously gone on for some time. By providing a group to hang out with, you've fulfilled her need to socialize, to be extroverted. This isn't ok, unless you two are in a cult where sympathizing with outsiders warrants a good whipping. Make sure you're clear about how

you're uncomfortable her nesting is making you, and that you don't find it attractive. As you're the center of her world, this will probably get her butt off the bed and out into the world. If she's forgotten how to pick up chicks, suggest a class or an activity that she'd enjoy where she's likely to meet new people...like a hot, rich doctor who regularly volunteers at an orphanage. Oops, scratch that.

Andrea: Dear Strangled,

The most important thing I ever learned about relationships was that you can't change people, and I suspect that telling her to get a life might hurt her more than it helps your relationship. So I'd recommend that you change your habits for a few weeks: be more independent, and spend more time alone with the guys. Remind her how much fun it is to miss each other, and tell her you can't wait to hear her stories after a night with the girls. You can even make a game out of it — who gets flirted with the most?

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

ANSWERS FROM OUR EXPERT

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

Hello and welcome to my new weekly column. You might be wondering what a butler could possibly have to write about on a weekly basis — but before we get to that, why don't I tell you a little about myself.

As a butler, I have had the honour and privilege to work privately for one of Canada's most famous and gracious families. After many years, I left their employ in 1996 to open my company — Charles MacPherson Associates. It is based in Toronto where we have the only registered Butler Academy in North America. In addition to our Academy, we also place domestic and hospitality staff both in North America and globally. As well, we provide private training around the globe for luxury hotels and private residences.

In the past year alone, I have travelled and worked in London, Paris, Tokyo, Mumbai, Hyderabad,



► Not sure how to handle yourself at that big soirée? Charles the Butler can pass on some expert tips.

Dubai, New York, Chicago, Los Angeles, and Johannesburg. I invariably come home with a plethora of great stories and interesting cross-cultural knowledge. I have had the opportunity of meeting world leaders, movie stars, supermodels, royalty, millionaires and billionaires, and I'm now here to share my knowledge and experiences with you, the readers

of Metro.

As Metro's new expert on social etiquette, I am here to answer all your questions relating to these issues.

From "Do I need to send a thank you note or can I just email or call?" to "What kind of gift is appropriate for a two-night cottage visit" to "My mother-in-law-to-be insists on being involved in all the

decisions for my wedding and I don't know how to deal with her without making her feel bad" to "I drive a pretty beat up old car and wonder if it's appropriate to pick up a first date in it?"

So let's get busy! Send me your question to askcharlesthebutler@metronews.ca and remember to look for my column every Tuesday, starting next week!

Metro's guide to cellphone do's and don'ts

In this era, almost everyone in your social circle has a cell phone and through this little device

we are seemingly connected to the entire world constantly. It is now nigh impossible for us to last a

day without our phones.

We don't blame you because we do that too, and we would like to think that it's a universal condition. However, the thing is, while it is a socially accepted condition, it is not a socially accepted behaviour or practice.

Here at Metro, we shall show you how to behave like a refined, cultured and well-mannered individual in the real world while still staying connected to the virtual world you're addicted to:

At the restaurant (on a first date)

Sorry ladies and gentlemen, if you are on a first date, that cell phone of

yours must cease to exist. Turn it off. Of course, it's an excellent emergency "Get-Out-Of-A-Bad-Date" device too, but we have ethical qualms about encouraging you to ditch your date this way.

At the restaurant (with a group of friends)

Unless your group is heading to the Queen's palace where you must sit straight and always wear a smile, it is generally acceptable to have your phone out when dining with your friends at any other restaurants.

In a board meeting

Unless you have well-trained hand-eye coordina-



► Chatting in a movie theatre? That's a no-no.

tion, we suggest that you focus in the meeting. Sure, it may last for three hours, but that just means that your company is in a little crisis and your attention should really be on saving your company and not

whining about your job on Twitter.

Who knows, maybe you're about to be fired and this meeting is your last?

Cherish the moment!

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Wurst – obvious bad jokes aside – is good

► Eatery serves Bavarian-inspired food, beer, atmosphere



► Open face crab melt with king and rock crab, avocado, goat cheese and arugula pesto.

LUNCH RUSH

ANH CHU
FOOD@METRONEWS.CA



Wurst, the newest addition to Calgary's beer scene, is rustic yet elegant.

The menu is pleasantly overwhelming. The lunch menu features seafood, charcuterie, salads, sandwiches and Bavarian entrees. The drink menu boasts more than 20 predominantly German beers

on tap (from a 200 mL sampler to a 2L "boot"), along with 60-plus wines.

I ordered the Jäger Schnitzel with wild forest mushroom gravy and German egg noodles (spaetzle) (\$16). The veal was tender, while slivers of lemon rind provided a nice contrast to the rich gravy.

My friend ordered the open face crab melt with king and rock crab, avocado, goat cheese and arugula pesto (\$16) with substantial chunks of crabmeat.

We enjoyed two desserts and couldn't decide which one was better:

Wurst
2437 4th St. S.W.
403-245-2345
wurst.ca
Client negotiations: Yes
Social lunch: Yes
Licensed: Yes
Price range: \$9 - \$23
Rating: 3.5 out of 5

The flaky and tart apple strudel (\$11) or the light but rich Black Forest cake (\$11).

You won't get hearty German-sized portions at Wurst, but you will get excellent presentation, attention to detail and an inclination to return.

for another 2 minutes.

2 Add shrimp and cook for 5 minutes longer, mixing with a spatula. Season to taste. Serve with a salad of herbs such as chives, chervil, parsley and basil.

THE CANADIAN PRESS/
MAILLE

Ingredients:

- 15 ml (1 tbsp) sunflower oil
- 1 onion, finely chopped
- 1 green pepper, chopped
- 1 to 3 cloves garlic, crushed
- 30 ml (2 tbsp) old-style mustard
- 12 fresh shrimp

Preparation:

1 In a pan, heat sunflower oil. Add onion, green pepper and garlic to taste and cook for 5 minutes. Add mustard and cook

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| | Cuba | 89.9¢/min | | Pakistan | 5.9¢/min | | Sri Lanka | 9.9¢/min |
| | El Salvador | 9.9¢/min | | Philippines | 11.9¢/min | | Trinidad | 4.9¢/min |
| | Germany | 1.9¢/min | | Poland | 1.9¢/min | | U.A.E. | 14.9¢/min |
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STAYCATIONS ARE IN

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

With skyrocketing fuel prices and the expensive hassles associated with modern day travel, many Canadians are opting to stay close to home this summer rather than vacationing to Europe.

Forgo the stress and inconveniences of long security lines, lost luggage and expensive tickets; and enjoy your vacation time close to home. So long as you stay within a reasonable budget, staycations can save you thousands of dollars each year!

The key to relaxing is to avoid connecting with your workplace. Leave file folders at work and turn off your laptop and smart-

phone. Resist the temptation to "check in" by having your partner hide your mobile devices.

Ignore major household chores, unless you find building fences and cleaning the garage relaxing. Clean, pay bills and grocery shop before your start your holiday time so you can dodge these routine tasks.

Sleep in, read books, play with your kids, watch movies, meet friends and try new recipes. Enjoy the outdoors by picnicking, biking or hiking on local trails. Hit up nearby beaches or swimming pools.

Visit museums, shopping centres, science centres, amusement parks, zoos and other attractions. Many tourist attractions have discounts for locals.

Vacation time is meant to help you recharge your batteries and enjoy your surroundings. Do things that are fun and frugal and try not to overbook your schedule. Just relax!

Empowering a special group

ON MONEY

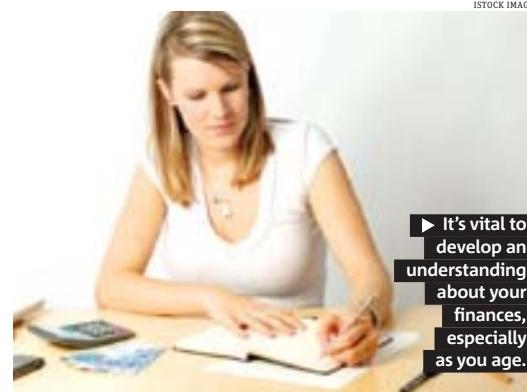
ALISON GRIFFITHS
MONEY@METRONEWS.CA

Is this you — or someone you know? Female, over 55, lower income and possibly an immigrant.

If so, there's help out there to navigate an increasingly complex financial world.

"The evidence is clear cut — older women are the most disadvantaged group financially, and this alone can lead to more difficulty as they age," says Alexandra Wilson, national project coordinator at the National Initiative for the Care of the Elderly (NICE).

With a tsunami of attention being focused on financial education in schools and credit and



ISTOCK IMAGES

► It's vital to develop an understanding about your finances, especially as you age.

debt education for indebted Canadians, older, low-income women have, until now, been largely forgotten.

The NICE project, funded by Status of Women Canada and sponsored by BMO, is rolling out a series of workshops in B.C., Ontario and Quebec aimed at putting financial tools in the hands of this vulnerable group.

The good news is that developing an understanding about money is very empowering. Just learning what programs are out there, such as the Guaranteed Income Supplement for those over 65, can give women a sense of relief about their future. Go to servicecanada.gc.ca and search for Guaranteed Income Supplement.

Each workshop will cov-

er eight topics including developing a financial plan, preventing financial abuse and managing credit and debt.

Dealing with financial illiteracy at an older age can be one of the hardest things in the world. It's also very worrying for those who have an older, low-income woman as a family member or friend. But the often worry of what may become of her now has an answer.

NICE information

► If you don't live in one of the areas serviced by the workshops you can still access the information and very useful tools online at www.nicenet.ca — go to Projects then Older Women and Financial Literacy — the Financial Literacy for Older Adults Toolkit link is on the left-hand side.

POP QUIZ

How can your families save money during tax season this year?



- A: Use the Universal Childcare benefit towards your children's RESP.
- B: Stop feeding growing teenagers second helpings at dinner.

FIND TIPS & TRICKS
in Lesley Scorgie's Fun and Frugal Column:
Make the cost of raising a family less taxing.

This column and more available at
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► Consider using your TFSA to save for retirement.

Do you know how much contribution room you have?

When the TFSA was first introduced, you were eligible to deposit an annual maximum of \$5000. If you made any withdrawals, that amount would be carried forward to the following year. That means that this year you could potentially put away \$15,000.

One way to confirm the exact amount is to review your Letter of Assessment that you received from Revenue Canada after filing your taxes.

A great opportunity if you've maxed your RRSPs

If you've successfully reached your RRSP contribution limit, the TFSA is an excellent retirement savings alternative. Remember, your TFSA deposits are tax-free and tax-receipt-free.

In other words, you will not receive a tax receipt for your deposits nor will your withdrawals be taxed like an RRSP. This means more money will stay in your pocket.

No longer just savings accounts

TFSA accounts come in many different formats, which offers you many ways to grow your money. Some people are choosing investment options like stocks, bonds, mutual funds and guaranteed investment funds or GIFs.

Also, you now have the option of borrowing the full \$15,000 to invest. Unlike other investment loans, the interest paid on this loan cannot be used as a tax write-off. **NEWS CANADA**

Nadal, Williams make easy work of first round

► Top tennis talents both win in straight sets ► Murray drops a set, then wins three straight

Rafael Nadal opened his Wimbledon title defence with a convincing victory yesterday, beating Michael Russell 6-4, 6-2, 6-2 on a "fantastic" day while his parents watched from the Royal Box.

In keeping with tradition, the defending men's champion played the first match on Centre Court at the All England Club — and the top-ranked Spaniard put on a worthy performance to begin the 125th edition of the championships.

Five-time women's champion Venus Williams, back on her favourite grass surface, also swept into the second round with a 6-3, 6-1 win over 97th-ranked Akgul Amanmuradova of Uzbekistan.

On a day when rain washed out 31 matches on the outside courts, fourth-seeded Andy Murray also moved into the second round, winning in four sets against Daniel Gimeno-Traver in a match played entirely under the retractable roof over Centre Court.

Nadal, coming off his sixth French Open title and 10th overall Grand Slam championship, double-faulted to go down a break 4-2 in the first set against the 91st-ranked Russell. But Nadal buckled down, and ran off six

The rematch

Anyone at Wimbledon a year ago, it seems, remembers bits and pieces of the longest match in tennis history, the 11-hour, five-minute marathon between John Isner and Nicolas Mahut.

- Get ready for the rematch, scheduled to begin today at the All England Club.
- Fittingly, perhaps, Isner-Mahut II might not finish today. That's because theirs is the fourth match on tap for Court 3 — and the forecast calls for rain.
- Court 3 holds 1,980 spectators, about 1,200 more than tiny Court 18, which now bears a plaque noting it was the site of the 2010 original Isner-Mahut.

straight games to take the set and go up a break in the second. He was in command the rest of the way against the 33-year-old American.

"I started so-so in the first set, but after that I start to hit very well the forehand and I think I finished playing a very good level," Nadal said.

Earlier, Canadian Milos Raonic made his Grand Slam grass-court singles debut with a 6-3, 7-6 (3), 6-3 victory over Frenchman Marc Gicquel.

THE ASSOCIATED PRESS



► Rafael Nadal reacts after defeating Michael Russell yesterday.

ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

4 sports

Quoted



"I've managed since I was 14 years old. I'll probably manage until I'm 95."

NEW FLORIDA MARLINS
INTERIM MANAGER JACK
MCKEON, 80, HE BECOMES
THE SECOND-OLDEST
MANAGER IN MAJOR LEAGUE
HISTORY. CONNIE MACK
MANAGED THE
PHILADELPHIA ATHLETICS IN
A SUIT, TIE AND STRAW HAT
UNTIL 1950, WHEN HE WAS 87.

Flames ink deal with backup goalie Karlsson

Henrik Karlsson is sticking around with the Calgary Flames.

The club announced yesterday it has re-signed the goalie to a two-year deal worth \$1,725 million US.

Karlsson played 17 games in 2010-11 as Miikka



► Henrik Karlsson

Kiprusoff's backup, registering a 4-5-6 record with a 2.58 goals-against average and a .908 save percentage.

A native of Tumba, Sweden, Karlsson was originally acquired by the Flames from San Jose at the 2010 draft. THE CANADIAN PRESS

Sports in brief

Ramsay ruled out in 'Peg

NHL. The new NHL team in Winnipeg is truly starting fresh.

Former Atlanta head coach Craig Ramsay was informed yesterday that he had been ruled out for the position in Winnipeg.

ensuring that the team will have new faces in all key positions.

THE CANADIAN PRESS

Pujols out at least a month

MLB. St. Louis Cardinals first baseman Albert Pujols will be out for four to six weeks after fracturing his left wrist against the Kansas City Royals.

THE ASSOCIATED PRESS

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| New York | 42 | 29 | .592 | 1½ |
| Tampa Bay | 40 | 33 | .548 | 4½ |
| Toronto | 36 | 37 | .493 | 8½ |
| Baltimore | 33 | 37 | .471 | 10 |

CENTRAL DIVISION

| | W | L | Pct | GB |
|-------------|----|----|------|----|
| Cleveland | 39 | 32 | .549 | — |
| Detroit | 39 | 33 | .542 | ½ |
| Chicago | 35 | 39 | .473 | 5½ |
| Minnesota | 31 | 39 | .443 | 7½ |
| Kansas City | 31 | 41 | .431 | 8½ |

| | W | L | Pct | GB |
|-------------|----|----|------|----|
| Texas | 39 | 35 | .527 | — |
| Seattle | 37 | 35 | .514 | 1 |
| Los Angeles | 36 | 38 | .486 | 5½ |
| Oakland | 33 | 40 | .452 | 10 |

WEST DIVISION

| | W | L | Pct | GB |
|-------------|----|----|------|----|
| Texas | 39 | 35 | .527 | — |
| Seattle | 37 | 35 | .514 | 1 |
| Los Angeles | 36 | 38 | .486 | 5½ |
| Oakland | 33 | 40 | .452 | 10 |

INTERLEAGUE

Last night's results
Atlanta 2 Toronto 0
Baltimore 8 Pittsburgh 3
Boston 14 San Diego 5
Chicago Cubs 6 Chicago White Sox 3
Colorado 8 Cleveland 7
L.A. Angels 2 Florida 1
NY. Yankees 5 Cincinnati 3
Tampa Bay 8 Milwaukee 4
Texas 8 Houston 3
Detroit at L.A. Dodgers

Sunday's results
Cleveland 5 Pittsburgh 2 (11 ins)
L.A. Angels 7 N.Y. Mets 3
Cincinnati 2 Toronto 1
Baltimore 7 Washington 4
Boston 12 Milwaukee 3
Atlanta 4 Texas 2
Tampa Bay 2 Florida 3
Minnesota 2 San Diego 4
St. Louis 5 Kansas City 4
Detroit 9 Colorado 1
Oakland 2 San Francisco 1
Chicago White Sox 8 Arizona 2
Seattle 2 Philadelphia 0
N.Y. Yankees 10 Chicago Cubs 4

Tonight's games
Baltimore (Guthrie 2-8) at Pittsburgh (Ja.McDonald 5-4), 7:05 p.m.
Colorado (Chacin 8-4) at Cleveland (Talbot 2-4), 7:05 p.m.
Seattle (Fister 3-8) at Washington (L.Hernandez 4-8), 7:05 p.m.
L.A. Angels (E.Santana 3-7) at Florida (Vazquez 3-7), 7:10 p.m.
N.Y. Yankees (Bordon 0-0) at Cincinnati (Cueto 4-2), 7:10 p.m.
Oakland (Outman 2-1) at N.Y. Mets (Gee 7-0), 7:10 p.m.
San Diego (Latos 4-8) at Boston (Beckett 6-2), 7:10 p.m.
Toronto (Z.Stewart 0-0) at Atlanta (Minor 0-2), 7:10 p.m.
Houston (Lyles 0-2) at Texas (C.Wilson 7-3), 8:05 p.m.

Arizona (J.Saunders 3-7) at Kansas City (Hochreiter 4-7), 8:10 p.m.
Chicago Cubs (Garza 3-6) at Chicago White Sox (Buehrle 6-5), 8:10 p.m.
Tampa Bay (Hellieckson 7-5) at Milwaukee (Greinke 6-2), 8:10 p.m.
Detroit (Scherzer 9-2) at L.A. Dodgers (Billingsley 5-6), 10:10 p.m.
Minnesota (Pavano 4-5) at San Francisco (Bumgarner 3-8), 10:15 p.m.

NATIONAL LEAGUE

| | W | L | Pct | GB |
|--------------|----|----|------|----|
| Philadelphia | 45 | 28 | .616 | — |
| Atlanta | 41 | 33 | .554 | 4½ |
| New York | 35 | 37 | .486 | 9½ |
| Washington | 35 | 37 | .486 | 9½ |
| Florida | 32 | 41 | .438 | 13 |

EAST DIVISION

| | W | L | Pct | GB |
|------------|----|----|------|-----|
| St. Louis | 40 | 33 | .548 | — |
| Milwaukee | 40 | 34 | .541 | ½ |
| Cincinnati | 38 | 36 | .514 | 2½ |
| Pittsburgh | 35 | 37 | .486 | 4½ |
| Chicago | 30 | 42 | .417 | 9½ |
| Houston | 27 | 47 | .365 | 13½ |

WEST DIVISION

| | W | L | Pct | GB |
|---------------|----|----|------|----|
| San Francisco | 39 | 33 | .542 | — |
| Arizona | 39 | 34 | .534 | ½ |
| Colorado | 36 | 36 | .500 | 3 |
| Los Angeles | 32 | 41 | .438 | 7½ |
| San Diego | 30 | 44 | .405 | 10 |

SUNDAY'S RESULT

L.A. Dodgers 1 Houston 0

TONIGHT'S GAME

Philadelphia at St. Louis, 8:15 p.m.

BRAVES 2, BLUE JAYS 0

Toronto ab r h bi Atlanta ab r h bi
YESor ss 4 0 1 0 Schaefer cf 4 0 1 0
CPrtsrn lf 4 0 0 0 ALGndz ss 3 0 1 0
Bautist rf 4 0 0 0 Heyward rf 4 0 1 0
Lind hb 4 0 0 0 Frennb lm 3 0 0 0
A.Hill 2b 3 0 0 0 Ugla 2b 4 0 1 0
Arencc i 3 0 1 0 D.Ross c 2 0 1 0
RDavis cf 3 0 0 0 McLoft lf 2 0 1 0
JNix b 2 0 0 0 DHmdz 3b 3 1 0 0
Enmc ph 1 0 0 0 THuds n 3 1 2 1
LPerez p 0 0 0 Kimmel p 0 0 0 0
Camp p 0 0 0 0
RRomr p 2 0 0 0
McCoy 3b 0 0 0 0
Totals 30 2 0 2 Totals 28 2 6 2

Toronto 000 000 000 0
Atlanta 000 000 20x 2
E-Y.Escobar (7), Freeman (5). DP-Toronto 1.
LOB-Toronto 4, Atlanta 6. 2B-Alone.Gonzalez (13), Heyward (6). HR-T.Hudson (1). SB-Heyward (4), McLouth (2), CS-Schaefer (4).

Toronto IP H R ER BB SO
R.Romero L-6-7 7 6 2 2 2 4
L.Perez 2-3 0 0 0 1 1
Camp 1-3 0 0 0 0 0 0
Atlanta
T.Hudson W-6 8 2 0 0 1 8
Kimbrel S-20-25 1 0 0 0 0 3
T.Hudson pitched to batters in the 9th.

HP-B by R.Romero (Freeman).

Umpires—Home, Angel Hernandez; First, Angel Campos; Second, Chad Fairchild; Third, Joe West.

T-2:00 A-.22, 937 (49,586).

CALENDAR
July 12 — All-Star game, Phoenix.
July 24 — Hall of Fame induction, Cooperstown, N.Y.
July 31 — Last day to trade a player without securing waivers.
Aug. 15 — Last day to sign selections from 2011 amateur draft who have not exhausted college eligibility.
Sept. 1 — Active rosters expand to 40 players.
Sept. 30 or Oct. 1 — Playoffs begin.
Oct. 19 — World Series begins.
November — Free agent period to sign exclusively with former teams, first 15 days after World Series ends.

TENNIS**WIMBLEDON**

At London

YESTERDAY'S RESULTS

Rafael Nadal (1), Spain, def. Michael Russell, U.S., 6-4, 6-2, 6-2.
Andy Murray (4), Britain, def. Daniel Gimeno-Traver, Spain, 4-6, 6-3, 6-0, 6-0.

Tomas Berdych (6), Czech Republic, def. Filippo Volandri, Italy, 6-2, 6-2, 6-1.
Tobias Kamke, Germany, leads Blaz Kavcic, Slovenia, 6-3, 7-6 (4), 1-5, susp., rain.

Gael Monfils (9), France, def. Matthias Bachinger, Germany, 6-4, 7-6 (3), 6-3.

Mardy Fish (10), U.S., def. Marcel Granollers, Spain, 7-6 (3), 7-6 (5), 6-4.

Stanislas Wawrinka (14), Switzerland, def.

Petito Starace, Italy, 6-3, 6-4, 6-4.

Gilles Simon (15), France, leads Edouard Roger-Vasselin, France, 4-6, 6-4, 6-3, 4-5 (40), susp., rain.

Richard Gasquet (17), France, def. Santiago Giraldo, Colombia, 7-5, 6-3, 6-3.

Ivo Karlovic, Croatia, leads Janko Tipsarevic (23), Serbia, 1-0 (15), susp., rain.

Juan Martin del Potro (24), Argentina, leads Flavio Cipolla, Italy, 6-1, 1-3 (sus., rain).

Juan Ignacio Chela (25), Argentina, leads Marinko Matosevic, Australia, 6-4, 6-4, 6-7 (63), 6-3, susp., rain).

Ivan Ljubicic, Croatia, leads Marin Cilic (27), Croatia, 7-6 (2), 3-6, 2-1, susp., rain.

Rainer Schettler, Germany, def. Thomaz Bellucci (30), Brazil, 7-6 (3), 6-4, 6-2.

Milos Raonic (31), Thornhill, Ont., def. Marc Gicquel, France, 6-3, 7-6 (3), 6-3.

Feliciano Lopez, Spain, def. Michael Berrer, Germany, 6-4, 7-5, 6-3.

Grega Zemlja, Slovenia, def. Lukas Lacko, Slovakia, 6-3, 6-4, 6-2, 7-6 (1), 6-4.

Denis Istomin, Uzbekistan, def. Philipp Kohlschreiber, Germany, 4-6, 6-3, 6-3, 6-1.

Alex Bogomolov Jr., U.S., def. Donald Young, U.S., 7-6, 4-6, 6-3, 6-1.

Gilles Muller, Luxembourg, def. Tommy Haas, Germany, 7-6 (5), 7-6 (3), 3-6, 6-3.

Ryan Sweeting, Spain, def. Pablo Andujar, Spain, 3-6, 4-6, 6-1, 7-6 (1), 6-1.

Igor Kunitsyn, Russia, def. Igor Sijssling, Netherlands, 6-3, 6-4, 6-2.

Simone Bolelli, Italy, def. Martin Fischer, Austria, 7-5, 6-4, 6-4.

Julien Benneteau, France, def. Ruben Bemelmans, Belgium, 6-4, 6-2, 3-6, 4-6, 6-1.

Dudi Sela, Israel, def. Frederico Gil, Portugal, 6-4, 6-1, 6-4.

Victor Hanescu, Romania, leads Jaroslav Pospisil, Czech Republic, 6-4, 2-1 (sus., rain).

Sergiy Stakhovsky, Ukraine, leads Daniil Cox, Britain, 6-2, 0-1 (sus., rain).

Lukasz Kubot, Poland, leads Arnaud Clement, France, 5-4 (15) (sus., rain).

Robin Haase, Netherlands, leads Pere Riba, Spain, 5-4 (30) (sus., rain).

WOMEN

SINGLES — FIRST ROUND

Vera Zvonareva (2), Russia, def. Alison Riske, U.S., 6-3, 6-3.

Victoria Azarenka (4), Belarus, leads Magdalena Rybarikova, Slovakia, 6-4, 3-2 (30-40) (sus., rain).

Francesca Schiavone (6), Italy, def. Jelena Dokic, Croatia, 6-4, 1-6, 6-3.

Svetlana Kuznetsova (12), Russia, def. Zhang Shuai, China, 3-6, 6-3, 6-4.

Sara Errani, Italy, def. Kaia Kanepi (17), Estonia.

POINTS LEADERS

Through June 19

1. Carl Edwards, 532; 2. Kevin Harvick, 512; 3.

Dale Earnhardt Jr., 505; 4. Kyle Busch, 503; 5.

Jimmie Johnson, 503; 6. (tie), Matt Kenseth and Kurt Busch, 491; 8. Ryan Newman, 456; 9.

(tie), Denny Hamlin and Clint Bowyer, 455.

11. Tony Stewart, 454; 12. Jeff Gordon, 438; 13.

Greg Biffle, 425; 14. Mark Martin, 418; 15. Juan Pablo Montoya, 409; 16. Paul Menard, 402; 17. A.J. Allmendinger, 402; 18. David Ragan, 395; 19.

J.J. Watt, 387; 20. Martin Truex Jr., 376.

Kasey Kahne, 387; 20. Martin Truex Jr., 376.

GOLF**PGA FEDEXCUP LEADERS**

Through June 19

1. Luke Donald 1,545; 2. Webb Simpson 1,417;

3. Mark Wilson 1,321; 4. Matt Kuchar 1,306;

5. Phil Mickelson 1,261; 6. Nick Watney 1,241;

7. K.J. Choi 1,236; 8. David Toms 1,229;

9. Gary Woodland 1,215; 10. Steve Stricker 1,202; 11. Jonathan Byrd 1,173; 12. Brandt Snedeker 1,163; 13. Jason Day 1,154; 14. Jason Dufner 1,141; 15. Rory Sabbatini 1,137; 16. Martin Laird 1,129; 17. Webb Simpson 1,109; 18. Aaron Baddeley 1,069; 19. Hunter Mahan 1,008; 20. Charl Schwartzel 980; 21. Bill Haas 911; 22. Dustin Johnson 900; 23. Keegan Bradley 885; 24. Steve Marino 881; 25. Brendon Steele 878; 26. Ryan Palmer 815; 27. Jason Dufner 813; 28. Spencer Levin 794; 29. Vijay Singh 775; 30. Y.E. Yang 728; 31. Brendon Steele 699; 32. Lucas Glover 699; 33. Brandt Jobe 693; 34. Justin Rose 680; 35. Charles Howell III 663; 36. Tommy Gainey 650; 37. Kevin Na 649; 38. Charley Hoffman 648; 39. Robert Garrigus 629; 40. Harrison Frazar 624; 41. Fredrik Jacobson 612; 42. Robert Karlsson 609; 43. Bo Van Pelt 608; 44. J.B. Holmes 607; 45. John Senden 607; 46. Brian Gay 600; 47. Zach Johnson 595; 48. Rickie Fowler 548; 49. Charlie Wi 528; 50. Chris Kirk 527; 51. Jiminy Walker 506; 52. Robert Allenby 501; 53. J.J. Henry 498; 54. Stewart Cink 493; 55. Ryan Moore 492; 56. Adam Scott 492; 57. Brendon de Jonge 492; 58. Marc Leishman 485; 59. Ryuuji Imada 481; 60. Graeme McDowell 479; 61. Kevin Chappell 476; 62. Sergio Garcia 471; 63. Pat Perez 468; 64. Ricky Barnes 466; 65. Carl Pettersson 460; 66. Paul Goydos 460; 67. Jim Furyk 456; 68. Brian Davis 451; 69. Chris Couch 445; 70. Ben Crane 441; 71. Jerry Kelly 440; 72. Troy Matteson 439; 73. Michael Bradley 437; 74. Johnson Wagner 424; 75. Jeff Overton 415; 76. Stephen Ames 256; 77. David Hearn 231.

Points Money

CFL**PRE-SEASON****WEEK TWO****TOMORROW'S GAMES**

All Times Eastern

Montreal at Hamilton, 7 p.m.

Saskatchewan at B.C., 10 p.m.

Thursday, June 20

Friday's game

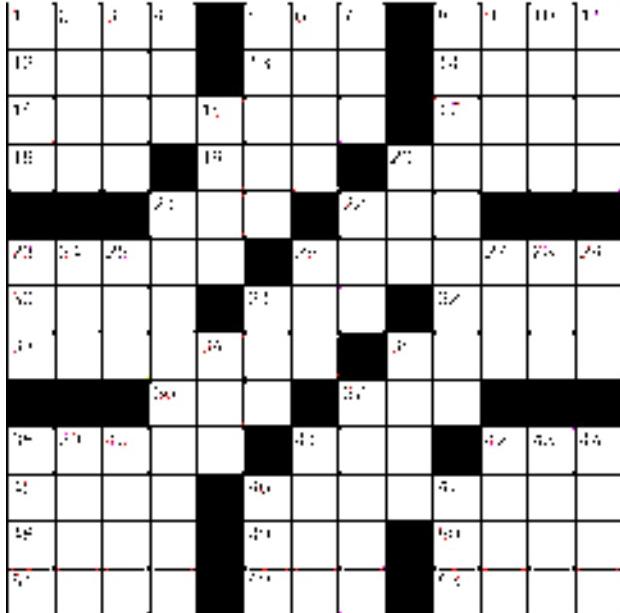
Calgary at Edmonton, 9 p.m.

END OF PRE-SEASON**REGULAR SEASON****WEEK ONE**

Crossword

Across

1 Church section
5 Spring time
8 Lather
12 Colt or filly
13 Have bills
14 Lecher's look
15 One's hands and knees
17 Incite
18 Deterioration
19 Use a crowbar
20 Enthusiast (slang)
21 Play on words
22 Greyhound vehicle
23 Old tape-recorder parts
26 Surgical gripper
30 Beige
31 Toupee
32 Aware of
33 "Howards End" author
35 Fantastic
36 Watch chain
37 Caviar, essentially
38 Fake drake
41 Coffee, slangily
42 Recede
45 Obama birthplace
46 Top-rated
48 Despot
49 Hosp. hook-ups
50 Farm fraction
51 Collections
52 Spelling contest
53 "That's a relief!"
Down
1 Somewhere out there
2 Horseback game
3 Sodium chloride
4 Sprite



5 Grieve 25 Blunder 43 Exposed
6 Twisted 26 Evergreen type 44 Cauldron contents
7 Affirmative 27 Compass dir. 46 White lie
8 Eighty 28 Sch. org. 47 Witnessed
9 Shrek, for one 29 Drunkard
10 Plankton component 31 "Charlotte's —"
11 Timid 34 Plaything
16 Piece of work 35 No stay-at-home
20 Bear hair 37 Stir up
21 Style of knickers 38 They may be connected
22 Cranberry territory 39 Relaxation
23 Ump 40 Fireside occurrence
24 Environmentally friendly 41 Jupiter's alias
42 Impress deeply



For today's crossword answers and for expanded horoscopes, go to metronews.ca



Today's horoscope

Aries March 21-April 20 It's an excellent time to be on the move. There's no fun in slowing down.

Taurus April 21-May 21 You may be doing OK financially at the moment but don't take your good luck for granted.

Gemini May 22-June 21 You've got a lot of momentum behind you at the moment, so don't waste it — go even faster!

Cancer June 22-July 22 No matter how difficult the past few weeks, you are feeling quietly confident about your prospects.

Leo July 23-Aug. 23 Why put yourself to the test when you don't have to? Enlist the aid of friends.

Virgo Aug. 24-Sept. 22 If you have not yet reached the place you want to be professionally, it's only a matter of time.

Libra Sept. 23-Oct. 23 The sense of freedom you feel today will be amazing, but don't forget about your responsibilities.

Scorpio Oct. 24-Nov. 22 No doubt you have many plans, but first you need to make peace with someone you've fallen out with.

Sagittarius Nov. 23-Dec. 21 Mars in your opposite sign can make you a bit too aggressive in some people's eyes.

Capricorn Dec. 22-Jan. 20 Relationships are about to take center stage. Always accept there are two sides to every story.

Aquarius Jan. 21-Feb. 18 You will start something new today and it will be a huge success.

Pisces Feb. 19-March 20 You need to deal with a family issue that is causing grief. It's time to get tough. **SALLY BROMPTON**

Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | | | 6 | | | | 8 | |
| 3 | 4 | | | 1 | | | | |
| 8 | 2 | | | | 4 | | | 1 |
| 2 | 8 | | | | | | | |
| 7 | | 6 | | 2 | | 9 | | |
| 9 | | | | | 5 | 7 | | |
| | 3 | | | | 7 | | 5 | |
| | 8 | | | 3 | | 2 | | |
| 6 | | 5 | | 4 | | | | |

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

[Yesterday's answer](#)

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 1 | 2 | 8 | 5 | 7 | 4 | 9 | 3 |
| 4 | 3 | 9 | 1 | 9 | 2 | 7 | 6 | 8 |
| 9 | 8 | 7 | 4 | 3 | 6 | 2 | 1 | 5 |
| 1 | 5 | 6 | 8 | 2 | 3 | 9 | 7 | 4 |
| 2 | 4 | 9 | 7 | 1 | 8 | 5 | 3 | 6 |
| 8 | 7 | 3 | 6 | 4 | 5 | 1 | 2 | 9 |
| 5 | 9 | 8 | 2 | 6 | 1 | 3 | 4 | 7 |
| 3 | 2 | 4 | 5 | 7 | 9 | 6 | 8 | 1 |
| 7 | 6 | 1 | 3 | 8 | 4 | 9 | 5 | 2 |

A look at the weather

| TODAY | WEDNESDAY | THURSDAY |
|----------------|-----------------|-----------------|
| Min 8° Max 22° | Min 11° Max 24° | Min 10° Max 20° |

Andrew Schultz,
Meteorologist

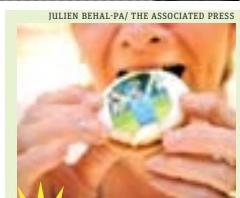
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runaway bride
contest!"
WILL



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